

Division of Prevention and Behavioral Health Services

Services in Kent and Sussex Counties

Prevention Services

Promoting Safe and Stable Families

The Promoting Safe and Stable Families (PSSF) Program is a community based family support and preservation prevention program which provides consultation services to families who are “at risk or in crisis” due to one or a combination of stressors that may lead to child maltreatment. The program uses a unique intervention technique that assists parents to become the driving force behind a family planning process where concerns and needs are assessed; informal and formal support systems are identified and developed; and plans are created to assist families to meet their goals. PSSF community based services are offered statewide by contacted services.

Substance Abuse Prevention

All Stars Program

The All Stars is a school or community based program designed to delay the onset of or prevent high-risk behaviors in the middle school-age adolescents, 11 to 14 years old. It affects youth substance use, violence and premature sexual activity by fostering development of positive personal characteristics. A highly interactive program, All Stars involves 9 to 13 lessons during the first year and 7 to 8 booster lessons in its second year. All Stars is based on strong research that has identified the critical factors that lead young people to begin experimenting with substances and participating in other high-risk behaviors. The program is designed to reinforce positive qualities typical of youth at this age; it works to strengthen five specific qualities vital to achieving preventive effects: developing positive ideals and future aspirations; establishing positive norms; building strong personal commitments; promoting bonding with school and community organizations; promoting positive parental attentiveness.

Botvin LifeSkills

The Botvin LifeSkills Training Program is free for Delaware students 8-14 years old. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Early Intervention Services

K-5 Early Intervention Program

The K-5 Early Intervention Program is a voluntary school-based program that serves children Kindergarten through fifth grade. The program is staffed and managed by DPBHS in partnership with the Delaware Department of Education. Family Crisis Therapists are assigned to designated schools and provide a range of interventions designed to remove barriers to academic and social success. The program focuses on enhancing collaboration among state agencies and communities to meet the needs of participating children and their families. The program currently has Family Crisis Therapist in 52 schools throughout the state.

Crisis

Child Priority Response (Crisis) Services is when a child is in a behavioral health or substance abuse crisis and could cause self-harm or harm someone else or has recently been exposed to a traumatic or violent event.

Treatment Services

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is an intervention for parent/caregiver and child to address child's symptoms of traumatic stress developed after exposure to traumatic event such as physical and/or sexual abuse, neglect, tragic loss, or witnessing violence (at home/DV or in community).

Treatment Services specifically for Young Children

Parent Child Interaction Therapy (PCIT)

PCIT is an Outpatient (office-based) intervention for parent/caregiver and child to address very challenging behaviors, such as kicking, biting or hitting. PCIT is designed to work with children aged 2 to 5 years.

- Kent county: Providers include A Better Chance for Our Children, Inc. and Delaware Guidance services
- Sussex County: Providers include Crossroads of Georgetown, Delaware Guidance Services (Lewes and Seaford Offices), New Beginnings Family Services, Lewes Counseling and The Light House Therapy Center

Intensive, Home-based PCIT

This intensive model is an adaptation of PCIT designed to address especially intensive symptoms, and extremely challenging behaviors in young children (2-5 yrs). It is provided in home by PCIT therapists from Delaware Guidance Service (DGS) under contract with DPBHS. This service requires DPBHS prior authorization and includes intensive care management for child/family through the division's federal grant for development of an childhood mental health system of care (Delaware's B.E.S.T. for Young Children)

- Sussex County: Delaware Guidance Services

Early Childhood Mental Health Consultation (ECMHC) Service

ECMHC consists of licensed behavioral health therapists trained in early childhood mental health intervention. They provide consultation and/or training in response to requests from early childhood care providers. There is no cost to providers for consultations or training provided by ECMHC. Statewide there are four full time and one part-time consultants.

- Kent County: One full time ECMH Consultant – Stav Bennett, LCSW
- Sussex County: On Full Time ECMH consultant – Pamela Morrison, LPCMH

Peer to Peer Family Support Groups

Peer to Peer Family Support Groups are available in Sussex County to parents/caregivers of young children with emotional and/or behavioral special needs. These groups share around resources and child/families experiences. The groups help families reduce the isolation that can result from having young children with mental health issues.